

Newsletter, January 2013

Hi there and happy 2013!

Hope this finds you well and staying warm in this frigid weather! If you are looking for something worth getting out of the house for in the next few weeks, we have some options. Feel free to give a call or email if you have questions about any of the following activities or programs.

Take care and we wish you well.

Mary

- Our **monthly family caregiver support group** will meet on Wednesday, January 30 from 1:30 until 2:30. Edi Stewart, LCSW-C will be facilitating. This group is designed for family members and friends who are caring for a loved one over the age of 60 **or** have an early onset dementia.
- The Caregiver Support Program in conjunction with the Frederick Senior Center invites caregivers and the loved ones they care for to **dine out at the center** once a month on a Thursday for a special menu meal. February's meal date is scheduled for the 14th and the menu includes tossed salad with dressing, prime rib au jus, baked potato with sour cream and margarine, green bean casserole, roll, cherry pie with whipped topping and milk. For more information, or to sign up, give Deb Ayers a call at 301-600-1048 by February 11.
- **Partner in the Arts**- There is still time, and space to sign up, but call now! The next session of Partners in the Arts, a collaborative project between Department of Aging, the Alzheimer's Association and the Delaplaine Visual Arts Center, will begin January 25. We will hold the program for 6 consecutive weeks from 10-11:30 on Fridays. The program is designed for individuals in the early stages of dementia and their care partners. This session will focus more on creative expression by using **collage**. Please pass the information to anyone you think may benefit and let me know if you are interested in more information or want to sign up!
[http://www.frederickcountymd.gov/documents/29/32/1121/1-25-13%20Delaplaine%20Visual%20Arts%20Education%20\(1\)_201212261232319458.pdf](http://www.frederickcountymd.gov/documents/29/32/1121/1-25-13%20Delaplaine%20Visual%20Arts%20Education%20(1)_201212261232319458.pdf)
- **Looking to visit someplace new?** Here is a link for the new listing of day trips being planned by the Frederick Senior Centers.
http://www.frederickcountymd.gov/documents/29/32/1121/Trips%20Feb-May%202013_201301061145388645.pdf

- **Look Good, Feel Good Luncheon and special presentation-** There are still seats available for this special luncheon and program being held at the Frederick Senior Center on Friday, February 1, 2013.
[http://www.frederickcountymd.gov/documents/29/32/1121/Look%20Good%20Feel%20Good\(2\)_201301081626355345.pdf](http://www.frederickcountymd.gov/documents/29/32/1121/Look%20Good%20Feel%20Good(2)_201301081626355345.pdf)
- **Creative Solutions for Caregivers-** Sue Paul, OTRL from Baker Rehab Group will be presenting "Creative Solutions for Caregivers" ...great practical information and suggestions for everyday challenges faced by those caring for someone with dementia. Daybreak will be providing dinner as well as caregiving. The program begins at 5 pm. There is no charge, they only ask for an RSVP to 301-696-0808 so that we can plan adequately.
- **Mobile Information and Assistance-** Representatives from MD Food Bank, Energy Assistance and the Department of Aging will visit each senior center monthly to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

We are encouraging people to schedule an appointment, but walk-ins are welcome.

The regular schedule will be 1st Tuesday @ Frederick Senior Center

2nd Wednesday @ Urbana Senior Center

3rd Thursday @ Emmitsburg Senior Center

4th Friday @ Brunswick Senior Center

- **Caregiver lunch date?** Some of you may remember that several years ago, we used to get together to have lunch at a local restaurant. While we have not met in a long time, a former participant thought it would be nice to try and start meeting again, and we could not agree more. So, we are planning to meet in February. We have a few tentative dates. Give a call or email if you may be interested. The meeting is social in nature and each person is responsible for the cost of his/her own meal.
- **Online Diabetes Training-** The following is a link to an online chronic disease self management class for those with diabetes. The program is self paced, but lead by a certified instructor. No home computer? Feel free to use one at any Frederick County senior center or public library. <http://www.restartliving.org/diabetes.php>
- **Mark Your Calendars-** Here are some upcoming dates for can't-be-missed presentations regarding
 - Medicare sessions- February 13, March 6
 - Medigap questions- February 20, March 13

All sessions are held at the Frederick County Senior Center from 9:30-11:30 a.m. and a seat can be reserved by calling 301-600-1605.

